



# **The Skinny Slow Cooker Vegetarian Recipe Book: Meat Free Recipes Under 200, 300 And 400 Calories (Cooknation)**

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Whether you are a vegetarian or just love vegetables, this collection of easy to prepare and delicious low-calorie vegetarian recipes will help you make inexpensive, healthy, meat free meals for you and your family with the minimum of fuss.

The recipes are simple and easy to follow with fresh and seasonal ingredients and are packed full of flavour and goodness so you can enjoy maximum taste but with minimum calories.

Here are just some of the delicious meat free recipes included:?

**Nightshade Thai Curry**

**Capsicum Mexican Chilli**

**Slow Spanish Tombet**

**Boston Bean Dream**

**Caribbean Spiced Sweet Potatoes**

**Shepherd-less Lentil Pie**

**Sloppy Joes**

**Chickpea Cattia**

**Baked Potatoes & Butternut Squash**

**Lean Green Risotto**

**Hand To Mouth Tex Mex Tacos**

**Pomodoro Pasta Sauce**

**Risi e Bisi**

**Bean, Potato & Cheese Stew**

**Berber Rice Baked Peppers**

**Corn & Potato Chowder**

**Barley & Chestnut Mushroom Soup**

**St Patrick's Day Soup**

**Asian Hot Soup**

**Zucchini Soup**

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